ABSTRACT OF THE DISCLOSURE -

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A microwave food covering assembly includes a stand that includes panel having a top side and a bottom side. Each of a plurality of legs is attached to and extends downwardly from the bottom side. Each of the legs is positioned generally adjacent to a peripheral edge of the panel. A covering includes a top wall and a peripheral wall that is attached to and extends downwardly therefrom. The top wall has generally the same shape as the panel. The top wall has a shortest diameter having a length greater than a shortest diameter of the panel. The stand may be positioned over food and the covering positioned over the stand such that the peripheral wall extends downward.